

Feeding 6-8 month olds

What your baby may be doing now:

- * Sitting with some help
- * Following objects with eyes
- * Holding spoons and beginning to feed self
- * Beginning to chew thicker foods and solids
- * Holding a bottle or cup with one or both hands
- * Beginning to use fingers to pick up objects
- * Cutting first teeth
- * Wanting to touch, taste and smell everything within reach

What new foods you can offer:

Vegetables

- * Butternut squash
- * Sweet potatoes
- * Carrots
- * Spinach
- * Peas
- * Potatoes
- * Plantains

Fruits

- * Apple sauce
- * Pears
- * Bananas
- * Prunes
- * Mango
- * Papaya
- * Guava

Start your baby with pureed/strained fruits and vegetables. Slowly advance texture to a lumpy consistency as tolerated by your baby. Remember to introduce new single ingredient foods one at a time, waiting 3-5 days before offering another new food. This will help you know if your baby has an allergic reaction to a certain food.



Be patient! It may take up to 10 tries for your baby to get used to the flavor and texture of a new food. Keep trying!

Sample Meals

Breakfast

Breastmilk or iron-fortified formula
2 Tbsp. prepared infant cereal

Snack

2 oz. of juice in a cup

Lunch

Breastmilk or iron-fortified formula
2 Tbsp. strained vegetables or fruit

Dinner

Breastmilk or iron-fortified formula
2 Tbsp. strained vegetables
2 Tbsp. prepared infant cereal

Before Bed

Breastmilk or iron-fortified formula

Pay attention to your baby's signs of fullness, such as turning her head away from food, pushing food away and slowing down eating. Your baby will let you know when she is hungry or full.

Feed your baby during your scheduled meals to help to establish a family mealtime routine.

If you use a bottle, don't forget to hold your baby while feeding! Your baby needs to look into your eyes, hear your voice, and feel your love. Feeding times should be an enjoyable experience for you and your baby.